

Ross Hall Meditation Room

Purpose:

The purpose of this policy is to establish guidelines and expectations for the use of the meditation room. The School of Medicine and Health Sciences recognizes the importance of providing a tranquil space for students, faculty, and staff to engage in meditation, mindfulness, and relaxation practices, promoting their physical and mental well-being.

Availability and Access:

The meditation room is accessible to all enrolled SMHS students, faculty, and staff during regular building operating hours.

Access to the meditation room is on a first-come, first-served basis. No reservations are required. The space will accommodate at least 2 occupants at a time.

Quiet and Respectful Environment:

Users are expected to maintain a quiet and peaceful environment within the meditation room.

Silence should be observed at all times to ensure a respectful and contemplative atmosphere.

The use of electronic devices, including laptops and hand-held devices, is strictly prohibited within the meditation room.

Personal Belongings:

Personal belongings should be stored in designated areas outside the meditation room. Users are responsible for their belongings and should not leave them unattended in the meditation room.

Cleanliness and Maintenance:

Trash and waste should be properly disposed of and users are encouraged to report any maintenance issue or concern to smhsops@gwu.edu.

Religious and Cultural Practices:

The meditation room is a secular space intended for all individuals, regardless of their religious or cultural backgrounds.

Users are expected to respect the diversity of practices and beliefs within the School of Medicine and Health Sciences and the GW community as a whole.

Decorations or religious items that may infringe on the use of the room by others are not allowed.

Time Limits:

To ensure fair access to the meditation room, users are encouraged to limit their sessions to a reasonable time frame, typically not exceeding 30 minutes during peak hours.

Reporting Violations:

Any violation of this policy should be reported to (???). Violators may be subject to sanctions, including temporary or permanent loss of access to the meditation room.

Amendments:

This policy may be subject to periodic review and updates by the school administration to ensure its effectiveness and relevance. Users will be notified of any significant changes to this policy.

By using the SMHS meditation room, all users agree to abide by the terms and conditions outlined in this policy. This policy serves as a guide to maintaining a serene and inclusive environment for all members of the SMHS community seeking to practice meditation and mindfulness.